

## Have you completed your Annual Physical?

### Wellness Dates

Annual Physical needs to be completed by

Jan 31, 2023

Health Assessment needs to be completed by

Mar 10, 2023

## Are your Beneficiaries up To date?

CoH Life insurance 832-393-6000

Pension 281-372-5100

Deferred Comp 713-426-5588



Aflac/CAIC 281-413-3239

-(Terry Shallington)

**Don't hesitate to reach out  
for any assistance.**

### HFD Staff Psychologists

Dr. Leah Saulter 832-405-6865

Leah.saulter@houstontx.gov

Dr. Jacqueline Reese-Smith 281-381-5785

Jacqueline.reese-smith@houstontx.gov

### HFD Chaplain

Chaplain Richard Ponce 281-386-5032

Richard.ponce@houstontx.gov

### CISM Team Lead

Captain Jason Wilson 281-507-8702

Jason.wilson@houstontx.gov

### Family Assistance Coordinator

EOP James Wick 346-266-5633

James.wick@houstontx.gov

### Member Advocate

Captain Vidal Molina 281-896-9499

Vidal.molina@houstontx.gov

### FSN Assistant

Captain Vashon Day 281-409-9256

Vashon.day@houstontx.gov



# Firefighter Support Network

## **We are here to Help**

Providing confidential non punitive assistance to our Firefighters, their families, Retirees, and civilian members in their time of need.

Services Include:

- HR Support (Benefits, FMLA, WC)
- Hospital Visits
- Mental Health
- Spiritual Support
- Funeral Assistance
- Education (ex. Suicide prevention)
- Financial support (Houston Firefighter Protection Fund)

### **HR Support**

Are you having an issue with your FMLA, Workers Comp, Insurance, etc... ?

### **Hospital Visits**

When a firefighter is transported emergency, a member of the FSN team will follow up to offer support and guidance.

Priority 1 & 2 within 24 hours

Priority 3 within 72 hours

Off duty firefighters will get a visit by a member of FSN when we are notified.

### **Mental Health**

Our CISM team is trained in crisis intervention to deal with difficult incidents.

FSN also provides assistance when there is a need for a mental health or addiction facility.

### **Spiritual Support**

The mission of the Chaplain is to connect with, care for and come alongside our Active, Retired, Civilian members and their families to support their Spiritual, Physical and Emotional health.

### **Funeral Assistance**

The Family Assistance Coordinator will provide guidance and assistance to families who experience a LODD.

### **Education**

Our Staff Psychologist along with the CISM team can provide suicide prevention training.

What other training do you need?

### **Financial Support**

The Houston Firefighters Protection Fund can assist with; hospitalizations of at least 3 days (must notify FSN while in hospital), Prolonged medical rehab and recovery or Emergency home damage.

Eligible for \$250 up to 3 x a year (\$750 max)

## **Helpful Info**

CoH Benefits 832.393.6000

CoH Benefits Secure Submission Portal



CoH Benefits Forms & Docs

Select "Other Forms"

"Final Paycheck Beneficiary Form"



EAP Guidance Resource Website

"HOUSTONEAP"

Organization Web ID



EAP 832.393.6510